

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

26th OCTOBER 2017

CONGRATULATIONS

CONGRATULATIONS to the 15 Cherrybrook Athletes who competed in 27 events at **Treloar Shield 2**. After Treloar 1 Cherrybrook was 4th in the Shield, 3rd in the Juniors and 3rd in the Open. Our Masters were yet to open their account which they have now done (Treloar 2)!

CONGRATULATIONS to **Nick Andrews** and **Konrad Cuevas** on setting new Cherrybrook Bests in the 60m and Pole Vault respectively. **Nick's** time was a blisteringly fast 6.79s.

CONGRATULATIONS to **Ryan Jones** (4), **Emily Jones** (3) and **Jen Bishop** (3) for again leading the way with most individual events.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

UPCOMING EVENTS

Treloar 3 is on this Saturday at the Crest Athletics Track, 70 McClean St, Georges Hall, NSW, 2198. Online Entry has now closed but entry on the day is available. On the day entry will incur a higher fee of \$20 for members and \$25 for non-members. On the day entry must be completed one (1) hour prior to the athlete's first event.

Events are: 100m, 400m, 1500m, 200m/400m Hurdles, 2000m/3000m Steeplechase, 4x200m Relay, High Jump, Triple Jump, Shot Put, Javelin

There will be a **NSW Throwers Club** meet (hammer, shot, discus) on Saturday 28 October 12:30 at Greystanes. Entry on the day \$5, registration 30 minutes before event. Details on their website, facebook page or on the Athletic NSW website.

NSW 2017/18 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

Athletics Australia has released the calendar for the 2017/18 summer season.

The calendar can be accessed from:

<http://athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-for-championships-of-2018>

WORLD U20 SELECTION POLICY

Athletics Australia has released the selection policy for the 2018 **IAAF World U20 Championships** to be held in Tampere, Finland from 10-15 July 2018. Selection is open to athletes born in 1999, 2000 or 2001. The selection policy can be accessed from:

http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf

YOUTH OLYMPIC GAMES

The **2018 Youth Olympic Games** will be held in Buenos Aires, Argentina from 6-18 October 2018. The Youth Olympic Games is an under 18 event, athletes born in 2001 & 2002 will be eligible for nomination. The selection policy will be released in late 2017. More details, including a list of the events, are available from:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>

AGM & PRESENTATION DAY TROPHIES & AWARDS

If you won a trophy or an award at the Club's Annual Presentation night but were absent on the night, please contact Nicky Jenneke to arrange a time to collect it.

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at robclark307@gmail.com. Records at the start of the season are set out in the 2016-2017 Red Book and on the Club website under Centre Records

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/SENIOR%20CURRENT%20RECORDS%20update%201.6.17.pdf>

ATHLETICS AUSTRALIA COACHING COURSES

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Upcoming Coaching Courses

Dates for upcoming coaching courses are shown below:

- Level 2 Intermediate Club Coach. October 22nd (Day 1 - SOPAC) & October 29th (Day 2 - The Crest Athletics Centre), 2017.
- Level 2 Advanced Coach, Part B - Throws The Scots College, Sunday October 29, 2017.
- Level 2 Advanced Coach, Part B - Sprints, Hurdles & Relays. The Scots College, Sunday October 29, 2017
- Level 2 Advanced Coach, Part B - Middle / Long Distance The Scots College, Sunday November 19th, 2017
- Level 2 Advanced Coach Part B - Jumps. The Crest Athletics Centre, Bankstown. Sunday November 26, 2017.
- Level 1 Community Athletics Coach. The Crest Athletics Centre. Sunday, December 10, 2017
- Level 1 Community Athletics Coach. Wollongong, Thursday 25th January, 2018

Full details of the coaching courses (including registration) are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

IPC SANCTIONED MEET CALENDAR

To view the latest 2017 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

http://www.athletics.com.au/LinkClick.aspx?fileticket=U-c7H6CF_X4%3d&portalid=56

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, please send any corrections or updates to Robert Clark at robclark307@gmail.com ASAP. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

ALL ATHLETICS RESULTS

"All-Athletics.com" is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit www.all-athletics.com click on Athlete Search at the top of the page and enter your name.

RESULTS

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club. If you compete at other meets please send your results, along with proof of performance to Robert Clark at robclark307@gmail.com .
Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

PLEASE NOTE DUE TO TIME CONSTRAINTS PBs ARE NOT SHOWN THIS WEEK

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Nick Andrews	20	110m Hurdles (106.7)	14.78s	1st	
		60m	6.79s	1st	CB
Jacob McCorrey	20	110m Hurdles (106.7)	14.79s	2nd	
Nicholas Dang	16	110m Hurdles (91.4)	15.66s	3rd	
Imogen Breslin	16	100m Hurdles	15.04s	1st	
		60m	8.62s	34th	
Lara Stevens	13	90m Hurdles	17.7s	6th	
		60m	9.54s	54th	
Jen Bishop	47	60m	8.79s	38th	
		80m Hurdles	13.53s	1st	
		Discus	26.07m	6th	
Matt Joyce	28	200m	25.69s	38th	
		800m	2:06.32s	12th	

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Emily Jones	19	60m	9.23s	49th	
		200m	30.08s	47th	
		Long Jump	5.00m	5th	
Sally Stagles	57	60m	9.66s	59th	
Ryan Jones	16	60m	8.11s	66th	
		200m	26.02s	60th	
		Long Jump	5.03m	8th	
		Discus	22.14m	9th	
Andrew Harrison	22	60m	7.09s	4th	
Eleanor Lamperts	16	200m	27.87s	35th	
Francesca Sugiaman	15	200m	28.77s	43rd	
Konrad Cuevas	17	Pole Vault	3.60m	7th	CB
Lauren Clark	17	Hammer 4kg	44.17m	4th	
		Discus	35.77m	5th	
Mixed	A	2 x 400m	1:53.47s	8th	
	B	2 x 400m	2:21.57s	16th	

PB = Personal Best SB = Season Best SR = State Record

CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.